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HAPPY CHOICES

Sophomore Eastern golfer Romeo Perez, originally from Paris, said he is happy with his decision to play at Eastern.

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OVC TOURNAMENT

The Eastern volleyball team will start playoffs Thursday against Southern Illinois - Edwardsville.

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THE DAILY EASTERN NEWS

Thursday, November 16, 2017

"TELL THE TRUTH AND DON'T BE AFRAID"

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Lecture presents links between college habits, Alzheimer's

By Cheyenne Lohman
Contributing Writer | @DEN_News

Exploring the links between college habits and Alzheimer's, Britto Nathan, assistant chair of the biological sciences department, gave a presentation Wednesday night about the causes and effects of the disease.

In 2017, 4.5 million people were diagnosed with what is known as Probable Alzheimer's. The diagnosis is probable because you cannot truly know if someone died of Alzheimer's until you perform an autopsy, he said.

"The brain is the most fascinating piece of machinery ever created," he said.

College students do not think of their chances of being diagnosed with Alzheimer's because it is known to affect people when they are older, but students are often exposed to the very causes that are seen in cases.

During college, students are known to not get enough sleep as well as not seeking proper medical attention for their depression, Nathan said. These factors along with a poor diet and exercise habits can increase the risk of Alzheimer's disease.

Head trauma is a leading cause of patients with Alzheimer's, he said.

Head trauma is most common in athletes, and it can become a problem if the athlete does not take the proper steps to recover fully.

Not getting enough sleep is also a contributing factor to early on-set Alzheimer's he said. This is because a person's brain tries to overwork itself, eventually decaying the walls in the brain.

There are several diseases that get misdiagnosed as Alzheimer's because of the similarity of their symptoms such as Parkinson's, delirium and depression.

If untreated, depression can cause mild cognitive impairment. This causes the person's brain function to slow and eventually they will begin to have memory loss, which may contribute to Alzheimer's later in life.

"It is a one-way track of declining," Nathan said, referring to the disease, which shows rapid decline in memory loss, disorientation and hallucinations in an individual.

The United States contains the highest amount of people diagnosed with Alzheimer's disease.

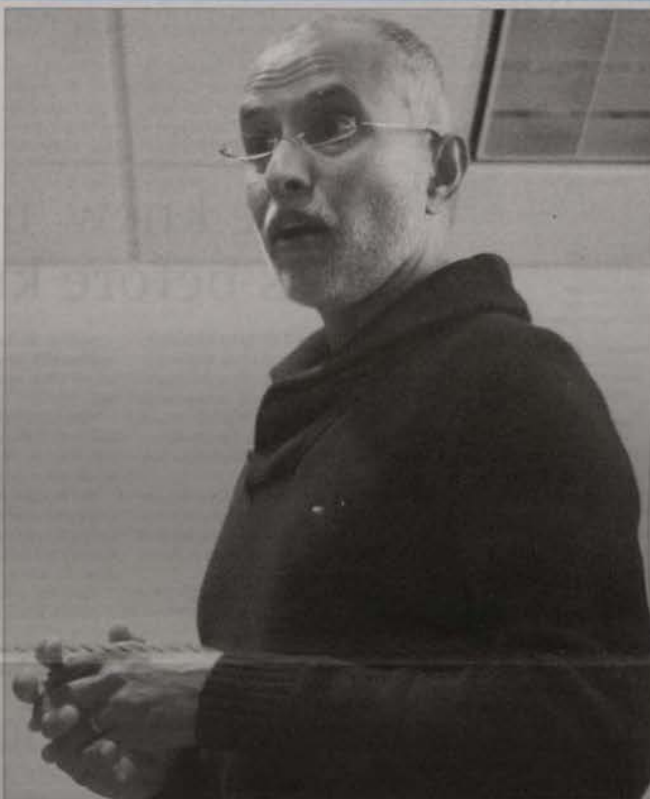
Nathan said 95 percent of cases of late-onset Alzheimer's are diagnosed in people over 65 and two percent of patients diagnosed with early onset before they are 65. "It's very tempting for me to change the year from 65 because I am 64, right?" Nathan said. "I wanted to change the number because it is kind of scary for me."

Although the disease is often associated with people ages 65 and older, today studies are showing changes in the brain linked to Alzheimer's in people ages 20 to 25.

Women also have a heightened chance of being diagnosed because of the high levels of estrogen women have in their bodies.

Nathan said that one of the scariest parts about the disease is that we know now in research is the same thing researchers knew when they discovered the disease.

Alzheimer's, page 5



CASSIE BUCHMAN | THE DAILY EASTERN NEWS

Britto Nathan, assistant chair of the biological sciences department, answers a question about Alzheimer's disease and biochemistry at a lecture Wednesday night. The talk was put on by Eastern's chapter of the American Society for Biochemistry and Molecular Biology.

Giving thanks

Students share their Thanksgiving dinner memories

By Natalie Kotulski
Contributing Writer | @DEN_News

As Thanksgiving inches closer, students have started to reflect on many of their favorite memories during the holiday.

Chrissy Kurek, a freshman elementary education major, said her favorite thing about Thanksgiving is being together with her family since they are so distant and live far away from each other.

"We normally alternate whose house we celebrate it at, but every family usually brings one dish to share during dinnertime with about 20-25 people," Kurek said.

Kurek, being the middle child in her family, said it is important to her to encourage her younger brother to follow in her footsteps and go away to a university just like her.

"I am thankful for the opportunity to actually be here at EIU, because I'm the only child in my family to actually go away to a university and be able to gain this amazing experience," Kurek said.

Kurek said her Thanksgiving dinner is often spent in a culturally diverse way with her dad's Polish side of the family. This often includes two main Polish dishes such as pierogies and polish sausage.

"I look forward for those dishes, because it's different than a typical dinner that we have and I don't get to eat them very often," Kurek said.

Justin Coles, a freshman kinesiology and sports studies major, comes from an Italian and Greek household.

Like Kurek, Coles' family still has a big Thanksgiving dinner, which they also celebrate in a way that is representative of his heritage.

"My family is both Italian and Greek so we have a lot of pasta dishes during Thanksgiving, along with a bowl full of feta cheese that we often put on a lot of our food," Coles said.

One thing Coles is thankful for this Thanksgiving is the opportunity to be a part of the United States National Guard.

Thanks, page 5



"I am very thankful for the opportunity to actually be here at EIU, because I'm the only child in my family to actually go away to a university and be able to gain this experience."

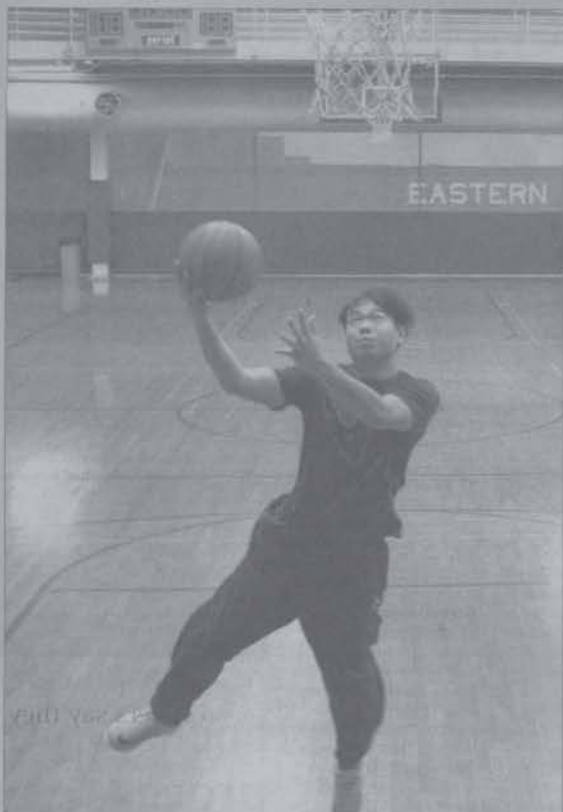
Chrissy Kurek, freshman elementary education major



"My family is both Italian and Greek so we have a lot of pasta dishes during Thanksgiving, along with a bowl full of feta cheese that we often put on a lot of our food."

Justin Coles, freshman kinesiology and sports studies major

Relaxation time



QIAN CHENG | DAILY EASTERN NEWS
Bangyuan Sun, senior physics major, plays basketball at the Student Recreation Center Wednesday afternoon. "I had twisted my knee last week, but I just cannot stop playing, it's my biggest relaxation of the day."

Student Senate proposes new campaigning rules

By Samuel Nusbaum
Contributing Writer | @DEN_News

The Student Senate went over proposed changes to the senate's election commission and discussed the updated Registered Student Organization approval process during its meeting Wednesday night.

Student Body President Luke Young the proposed revisions.

Senators cannot campaign in mailboxes Young said. He explained the reasoning behind this was there are things to be considered regarding what is legal according to the university and what applies to state and federal law.

Senators cannot campaign on residence hall floors or housing spaces owned by the university.

"We do not like when politicians come door to door with us, so we do not want to do the same thing to them," Young said.

Young also said senators on the campaign trail cannot run smear campaigns, which is a style of campaigning which degrades their opponent. Young said this has not happened in some time, but he wants it in writing anyway.

Senators can endorse other senators outside the office space, which includes the chamber where the senate meets and the Student Activities Center. Senators can campaign at Residence Hall Association meetings, but the RHA holds the right to say senators cannot campaign there. They must either allow all candidates the opportunity to campaign or none of them can, this is to give all senators a chance.

Graduate advisors in the Student Life Office are not allowed to endorse student senate candidates but graduate advisors in other departments across campus may endorse senators. Professors are allowed to endorse candidates, but departments and colleges are not.

Other proposed changes include social media pages being changed 48 hours after the

campaigning ends and all posters and table pluggers must be taken down in that time frame as well.

Zach Cohen, Student Vice President of Student Affairs told the senate about the RSO Approval process which has been updated and will be tested.

Cohen said the new process will allow the Student Affairs Committee to be more involved. The RSO under the new rules will meet with the Student Affairs Committee to go over the RSO's constitution and make sure it is up to the standards of the committee.

When it is brought up to the senate to vote on, they can ask questions to the Student Affairs Committee, who at this point will be able to answer everything.

Under the new rules, the president of the organization will receive updates on how far along the group is to become an official student organization.

"This will make us all more accountable to keeping it going at a good speed," Cohen said. Herpetology Club, a club about the study of reptiles and amphibians, will be the guinea pig for this new approach.

Cohen said he will go over with the president of this club the basics of being an RSO including such things as how to reserve a room.

The senate introduced a bill to appropriate \$128.05 towards events during Senior Week. It takes place from Nov. 30 and goes until Dec. 8 and includes events such as making a stress ball, a video game night, a study night and handing out food to students as they head to class. The bill was introduced at their meeting tonight and will be voted on during their next meeting on Nov. 29.

Samuel Nusbaum can be reached at 581-2812 or at scnusbaum@eu.edu.

Chicago, Atlanta, local artists to discuss their artwork

By Kennedy Nolen
Multicultural Reporter | @KennedyNolenEU

Jiha Moon, South Korean native and Atlanta-based contemporary artist, will discuss her intricate, colorful collection of work "Double Welcome: Most everyone's mad here" at 6 p.m. Thursday in the Tarble Arts Center.

The exhibition will be featured from Nov. 18 to Feb. 4.

Other exhibitions opening on Nov. 18 include Cream Co.'s "Living Room", which will be featured on the eGallery, and Chris Cohoon's "In All Around I See" will be on display in the Brainard Gallery.

Everyone should go listen to Moon speak Thurs-

day, because there will be food and students performing music, Barber said, so it will be lively and entertaining.

The Chicago-based artists from Cream Co. will be at Tarble as part of the night and so will local artist Chris Cohoon.

"Everybody will be here who is actually in the show, which I mean, is really rare for us to have all the artists be able to come and attend," Barber said.

Rebena Barber, director and chief curator of the Tarble Arts Center, said the exhibition is really interesting because it is a combination of paintings on canvas, works on paper and installations of ceramic vessels she makes. While Moon is on campus, she will also be visiting with graduate students studying art.

The staff at Tarble booked to have Moon's exhibition "Double Welcome: Most Everyone's Mad Here" in the Fall of 2015, Barber said.

Barber said Moon's show has traveled all over the country and thought it would be nice to introduce her work in Charleston.

She said a condition of having this exhibition at Tarble was Moon was required to visit Eastern, so that is always a plus.

"I always like to bring in the artists that we work with," Barber said.

She said she is eager to hear the conversation among the artists and thinks Moon's discussion is a good way for attendees to kick off their holiday break.

"There's a lot of symbolism (in her work), and I

like the idea that she's taking popular culture references to the 21st century now, and somehow incorporating and juxtaposing that against what we call traditional Asian cultural motifs," Barber said. "So I think overall the show is really nicely put together."

Moon will discuss what America's perceptions of the East are, Asia particularly, and how they are formed, Barber said.

Since the previous show at Tarble was a collection from Japanese artist Yoshitoshi, Barber said, "I am kind of trying to look at Asian culture through a more holistic lens and a broad lens. I think this will show that."

Kennedy Nolen can be reached at 581-2812 or at kdnolen@eu.edu.

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COURTNEY SHEPHARD | THE DAILY EASTERN NEWS

Staff Editorial

Admin should make a decision

Being prudent and thoughtful when making a decision is always important. Making too rash of a decision or too big of a change without weighing all the options first is a recipe for disaster.

That being said, taking too long to make a decision leads to inaction, making it so no progress can be made.

During a recent Faculty Senate meeting, Eastern President David Glasman told Faculty Senate members that open discussions about Eastern's sports programs, and whether some should be cut or not, are still ongoing.

The Board of Trustees has asked Glasman for a decision on what to do by the end of the semester. However, it does not look like this will happen.

At Faculty Senate, Glasman said there is not a plan of action to be presented during Friday's Board of Trustees meeting.

While we understand that this is a complex issue, (as the president brings up at every meeting where sports are talked about) the discussions surrounding sports have been going on for two years now.

It is time to do something.

It could be argued that the university has been, at best, overly prudent and at worst, wringing its hands when it comes to deciding exactly what to do in athletics.

It certainly has been more prudent regarding athletics than it was with academics.

The discussion surrounding what to do with athletic programs has been happening for a couple of years now, even before the budget impasse, according to an article in *The Daily Eastern News*.

Academic programs were given barely eight months of consideration during the vitalization project.

It is not fair to our athletes, coaches and others to keep them wondering what is going to happen.

Are we going to lose a sport? Lose a scholarship? It seems like it is all up in the air at this point.

Keeping the status quo, i.e. keeping all the teams, not reducing scholarships or making any other changes in athletics, would make the department "end up with a deficit, probably this year and probably next year," Glasman said at a Council on University Planning and Budget-

ing meeting.

Some have argued that cutting sports could potentially lead to bad publicity for the university, which is does not need, especially after getting so much attention after the budget impasse.

However, we cannot imagine that the university going back and forth on whether or not it wants to cut sports or not, and being essentially powerless to make a decision, looks much better.

At the end of the day, we need to be thinking about what will move the university forward faster. *The Daily Eastern News* editorial board staff understands that managing people's "perception" of the university is important for getting students to Eastern and for marketing purposes. However, what others think and making ourselves look good should not be the sole aspect the university thinks about when making a decision. The university's priorities should lie in what will be best for the students, faculty and staff who make up Eastern. By stringing everyone along, it is not doing that.

The daily editorial is the majority opinion of the editorial board of *The Daily Eastern News*.



Abigail Carlin

Focus on the process

A common trend in education reform is using high-stakes exams to put pressure on the modern teacher to push students towards a mastery of skill instead of a mastery of content.

From the outside looking in, this seems like a good move. Employers seek capable employees who can follow directions, read, write, do basic math and so on. However, taking a moment to appreciate the complexities of writing, it is not just a skill. Writing requires focus, meaningful research and purpose, all of which comes from the writer.

My assignment for Thursday is to grade a stack of 30 essays from a local community college. These essays, for the most part, are rooted in narratives. Anchoring a paper in personal experience calls for a deep trust between the writer and the reader (i.e. the grader).

To be blunt, many of these essays are terrible, but how am I to rip apart an essay about a student's personal experience with racial identity, men's pregnancy or facing extreme prejudice as the brother of a convicted felon?

Simply put, I cannot.

As a future educator under the thumb of evaluations and student performance, I have a very hard time relinquishing control. Part of me needs to let students know they failed, but the other part of me wants to celebrate what they have accomplished.

It is difficult to surrender and allow students to make mistakes in regards to grammar or mechanics, but I have made peace with my decision.

I will not be the Grammar Nazi. I will not allow my students' creative expression to be extinguished by a red pen.

It is my belief that, through correct instruction and planning, my students will not have to fear the passing track of essays. I am not a judge or an executioner. I am a teacher, and teachers are meant to guide, not punish.

Teachers are supposed to be shepherds, so they move with the group and allow whatever outliers to do what they wish, so long as they do not stray too far away. Trying to dictate and control the movements of each individual sheep is not conducive to learning, as students must learn on their own. Through a more casual approach to writing, where drafting and peer editing are encouraged, hopefully students will learn to enjoy writing and relish the process.

Historically speaking, Arby's is excellent

Last week I wrote an article evaluating President Donald Trump's one-year anniversary as the leader of the free world. I anticipated it to be an easy piece. Writing an anti-Trump piece on a college campus is like speaking about the virtues of tiny red hats during a Shriners meeting.

To my surprise there were those who voiced their displeasure at my obvious liberal leanings. To my even greater surprise, some voiced support for our sitting President. My fragile liberal mind was blown, for me this was akin to finding Chavez supporters in Venezuela, or Weinstein supporters in Hollywood. How could such people exist?

Just kidding.

Of course there are people with differing opinions. Even if they seem reprehensible to one side's beliefs, both sides have to accept that the other exists, and will continue to exist in the near future.

Which brings up today's topic, unity. Because I can do a pro-Trump piece as well as I can a pro-Obama piece. I would like to look at four historical examples of countries in cultural turmoil, and how they came through those experiences better for themselves. Hopefully, we can apply these examples to the current cultural conversation.

England during the Stuart period is a good place to start. I get the impression English people enjoy talking about this as much as they enjoy talking about Prince Harry's Halloween costumes. The Stuart period featured messy struggles between Catholics and Protestants, lots of persecutions and a war or two.

As dangerous as it is to view history through contemporary lenses, there are parallels between the Catholics and Protestants of England, and the Dem-



Colin Roberts

ocrats and Republicans of America. Neither group can have civil dialogue anymore, and think the other side should be drawn and quartered, in either the Tower of London or Paul Ryan's front yard.

So how did England get through this struggle and come together? Well, there was a military junta for a while, I think a king was executed, maybe there was another military junta. The Catholics got booted to Ireland at some point?

That was not a good example; let us go across the channel for a better one.

The French Revolution was a famous ten-year party featuring no food and lots of debt, and class warfare dialed to 11. We have the debt, but thanks to Arby's new holiday menu we also still have the food, so you are probably not going to see any American revolutions until the ration cards get distributed.

I would like to point out that France finally came together after a tremendous amount of bloodshed, an HBO-style dictatorship and a stick-measuring contest with Prussia.

Another bad example. Perhaps a Russian Revolution will help?

Recipe for a Russian Revolution: Pour one-ounce humiliation and two ounces famine. Add one-ounce Lenin juice and stir. Top it off with coconut shavings. You have just murdered eleven million people. Let us move on to Interior France.

There was a war and it messed everyone up. The French were taking a moment to figure themselves out in the 1920's, you know?

Except some people thought the answers lay in jazz, others in fascism. There are actually quite a few parallels between interwar France and contemporary America, including uncertainty about the future and changing cultural values.

So how did the French come through this fractured time? They did not, every year they grew increasingly divided until the Germans curb-womped them and their cultural turmoil became irrelevant.

Where? What a ride. Whatever political movement you belong to, whether you want to gut Obamacare or restore the English monarchy, dialog is needed. Let us be honest, Democrats are not going to sway Republicans, and Republicans will not sway Democrats. Any progress, whether at the ITA meeting or the Senate floor, comes from compromise.

I reduced history to absurd levels while trying to show the consequences of division, but it was all to make this point: Let us learn to come together for frank discussion before someone removes Arby's sandwiches from the ration card menu.

Colin Roberts is a junior professional writing major. He can be reached at 581-2812 cloberts4@eu.edu.

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» Thanks

CONTINUED FROM PAGE 1

"Being in the United States National Guard is important to me because it gives me opportunities to move forward in my life by assisting my parents with school payments and giving me a sense of self pride in serving my country," Coles said.

Heather Florio, a freshman undecided major, said one of her favorite childhood memories of growing up in an Italian household, is causing mischief during Thanksgiving dinner.

Florio said these are the Thanksgiving memories she will never forget, because they are filled with her family members' laughter.

"When me and my sister were

younger during Thanksgiving dinner, we would always go under the table and tickle and touch people's feet to mess around with them," Florio said. "I don't even know why it was funny to us, but we would be under there laughing a lot."

Natalie Kotulski can be reached at 581-2812 or nekotulski@eiu.edu.

» Alzheimer's

CONTINUED FROM PAGE 1

As for the future of Alzheimer's research Nathan said he wants to create a protein that will mimic the effects estrogen has on a brain with the disease.

Estrogen has shown positive effects on patients, but using estrogen to cure the disease can cause breast cancer.

Nathan said that researchers are trying to find a way for patients to take enough estrogen to fight off the possibility of Alzheimer's but not enough to create cancer cells. He said he chose to study Alzheimer's disease because it is a very scary disease and he does not want to see himself or anyone he loves get it.

Cheyenne Lohman can be reached at 581-2812 or cmlohman@eiu.edu.

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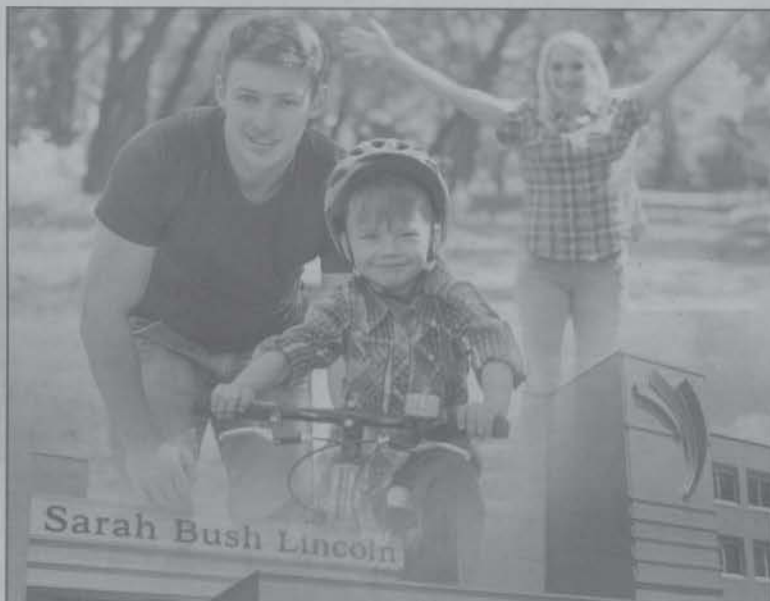
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Happy Thanksgiving



THALIA ROULEY | THE DAILY EASTERN NEWS
Abby Lee (left), a freshman public communications major, and Hope Glowacki (right), a freshman biological sciences major, enjoy the Thanksgiving dinner held in Taylor Dining Hall on Wednesday evening. They said they are both ready to head home for Thanksgiving break.

Rescheduled Air Fair to be carnival themed

By Travis Moody
Staff Reporter | @DEN_News

The University Board plans to bring a sense of nostalgia to Eastern students through a carnival/fair themed activity.

The UB will be hosting their monthly "Make it and Take it" event from 11 a.m. to 2 p.m. on Thursday in the Bridge Lounge of the Martin Luther King Jr. University Union.

Sienna Mark, UB's special events coordinator, said UB puts on a "Make it and Take it" rush hour activity on the first Thursday of every month.

While this "rush hour" event was originally scheduled to take place on the first Thursday of November, the UB had to reschedule because of issues concerning the original company it was working with.

"We were able to reschedule using a new company, so it came together very nicely this time," Mark said.

This series of activities is called "rush hour" because participants are free to come and leave as they wish.

A face painter will be available to paint zoo animal designs on participants' faces. Additionally, someone will be at the function making balloon animals.

"That's what makes it a 'Make it and Take it' event," Mark said. "When we did 'Hug a Cactus,' you could take home the cactus. This time, you take home the little balloon animal."

Tunaed cake and popcorn will also be provided to bring about the carnival spirit.

"It will be a fun way to brighten the day and the moods of the students, especially after this stressful and dreary week," Mark said.

The activity was originally only going to include balloons, but then the UB added a face painter as well.

"We wanted to embrace it and thought, 'Where do you get balloon animals? At the carnival,'" Mark said. From there, the name became "Air Fair," a play of words based off of "airfare."

"We want to give them a kind of throwback to the fun they had when they were a kid, when they would go to the carnival," Mark said.

Mark said the activity will also act as a send-off before Thanksgiving break.

Surveys are available at every activity the UB hosts, and Mark said she strongly encourages students to fill them out and turn them in.

"Student feedback is the only way we know how to best serve the students," Mark said.

Mark said the event will be relaxed, and that it will not take much time out of students' days.

"It's a fun and quick way to bring a smile to your face, get a cute balloon animal for your friend and try some fun food," Mark said.

Travis Moody can be reached at 581-2812 or at @travismoody@den.edu.

The New York Times Crossword

Edited by Will Shortz

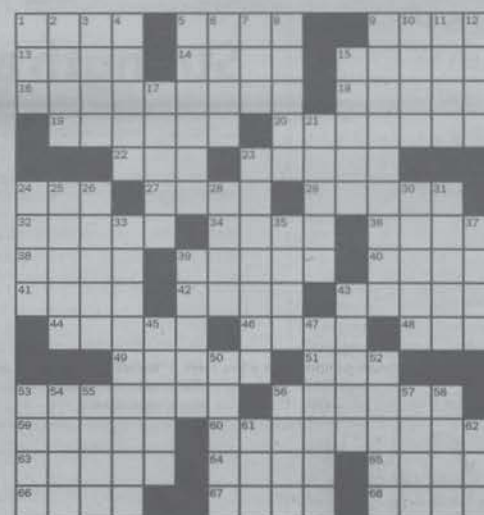
No. 1012

Note: The one-word Across clues all have an unusual relationship with their answers.

- | | | |
|---------------|-------------------------|---|
| ACROSS | 43 Wring | 5 Introspective query |
| 1 Mined | 44 Flour | 6 Not pay attention during a lecture, say |
| 5 Cents | 46 Hoes | 7 She's sheared |
| 9 Male | 48 Blow | 8 ____ the Giant, first inductee in the W.W.E. Hall of Fame |
| 13 Sum | 49 Hews | 9 It starts "On my honor, I will do my best ..." |
| 14 Ceded | 51 Sine | 10 Watson or Thompson of 2017's "Beauty and the Beast" |
| 15 Peeks | 53 Re | 11 Diamond with 21 platinum albums |
| 16 Mustard | 56 Flea | 12 Emmy awards just below Medals of Honor: Abbr. |
| 18 Whlt | 59 Rhodes | 15 One for whom work is play? |
| 19 We | 60 Silght | 17 Ones spinning webs? |
| 20 Writes | 63 Inn | 21 Comment during bidding |
| 22 Meet | 64 Dun | 23 Troubles with timber |
| 23 Bass | 65 Steak | 24 Bills that one doesn't mind piling up |
| 24 Handsome | 66 Chute | 25 Believed with no questions asked |
| 27 Tale | 67 Instants | 26 Megaphone noise |
| 29 Knows | 68 Bye | 28 ____ Sea, body greatly diminished by Russian irrigation projects |
| 32 Missal | | 30 Some works at MoMA and the Art Institute of Chicago |
| 34 Lickers | DOWN | |
| 36 Sites | 1 Heisman winner Newton | |
| 38 Clothes | 2 On | |
| 39 Rolls | 3 Broccoli ____ | |
| 40 Bate | 4 English poet Sitwell | |
| 41 Throe | | |
| 42 Lodes | | |

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PUZZLE BY ALEX EATON-SALMERS

- | | | |
|---|---|--|
| 31 Big name in household appliances | 45 Omelette on a Chinese menu | 56 Kramer and Kramer, in "Kramer vs. Kramer" |
| 33 160 acres per farmer, in the Homestead Act of 1862 | 47 Grayish to yellowish brown | 57 Material for a mountain cabin |
| 35 Classical rebuke | 50 One who may order an operation, informally | 58 ____ James, 2008 Beyoncé role |
| 37 Fast-forwarded, with "up" | 52 Designer Donna | 61 One of the Gabors of old Hollywood |
| 39 Max ____ popular video game series of the 2000s | 53 Pleased | 62 Suffix with saw |
| 43 Vice president after Biden | 54 Priest from on high? | |
| | 55 "Are you out?" | |

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Perez happy with deciding on Eastern

By Vince Lovergine
Men's Golf Reporter | @DEN_Sports

Sophomore Eastern golfer Romeo Perez had no idea what Eastern had to offer when he committed to play golf here.

"I didn't know much about Eastern or even college," he said. "I looked at a campus map of the school and looked at the roster, but that's it."

Perez never had the chance to visit since he is from Paris, but he had a recruiter get him on the right path.

When Perez started the recruiting process, a couple of his friends who previously played at Eastern and on his club team, told Perez to use the recruiter they had used.

Perez said his recruiter Benoit Matival is well known in France and if anyone wants an opportunity, athletes use him to get recruited.

Ultimately what helped Perez make his decision, was coach Mike Moncel assuring him he would get him going once he arrived at Eastern.

"Coach Moncel told me '(I) will play you right away if you come,'" Perez said. "I said 'I'm going to give it a try and if I don't like it, I can still go home,' but I wanted to give it a try."

It was not until Perez's senior year of high school, that he put together a video to provide coaches a chance to see talent.

Part of the process requires the athletes include their average scores from their club team and also a motivation letter stating why they want to play in the United States and how it will benefit them.

Perez said they must take the Test of English as a Foreign Language (TOEFL) test, which is similar to the ACT or SAT in the United States. They need to pass the test to be accepted to the school and play on the team.

Perez had Division II colleges in Arkansas and Philadelphia giving him looks, but being from France, Perez did not know the difference in competition.

"I didn't really know the difference between Division I or Division II," he said. "I chose to play at a smaller Division I school because I thought it would be a better fit."



JUSTIN BROWN | THE DAILY EASTERN NEWS

Eastern sophomore golfer Romeo Perez recently wrapped up the fall schedule competing in four events with an average stroke score of 76.73 to lead the Panthers. Perez, from Paris, France has competed in 31 rounds for the Panthers averaging 78.23 strokes per round.

Making the transition from a different culture for Perez was tough and he said golf has helped him a lot.

"It was big because I wanted to learn English, but my English was really bad before coming here," he said. "I didn't have any choice. I've spoken English since the first day I've gotten here, but the guys on the team are nice with me when I had any problems or with the language."

Perez said it's expensive coming to Eastern as an international student, but he thinks he made the right choice, he said.

"I think it's a good investment because I (can) play a sport and go to school at the same time and I also learned English, which is also good for the business

world, and I'm just making best friends," Perez said.

Perez would not have been able to play golf and go to school in France. Perez said he if stayed in France he would not play golf and focus on going to law school or business school.

Perez has enjoyed his time at Eastern so far.

"I really like it," he said. "I think this year is more interesting because we're practicing more which is good. But I also liked my first year as well. It was so good to meet new people, see a new culture and a new country."

Perez is more comfortable to the big city feel in Paris, rather than a smaller city like Charleston.

"It felt weird because I didn't know what I would

do in the winter when we don't have practice or anything, which was a big change but now being more adaptive to the city, it isn't as bad," Perez said.

Besides golf, Perez also has discovered other interests since coming to the United States, such as basketball and "enjoying the moments with my friends."

Being a management business major, Perez wants to start his own business, but doesn't have a concentration just yet. Perez said he wants to go back to France to attend graduate school, but still has not made a full decision on it yet.

Vince Lovergine can be reached at 581-2812 or vplovergine@eliv.edu.

Swim team is ready for House of Champs

By Adam Shay
Swim Reporter | @DEN_Sports

The Eastern men's and women's swim teams have been training harder over the last two weeks since they have not had a meet.

Despite the two weeks of not swimming against other schools, the Panther swimmers have been practicing harder during the week. Specifically, the team has been swimming a lot more yards than normal.

"After our last meet, we kicked it up a notch because I knew we weren't racing for awhile," Coach Jacqueline Michalski said. "I really put a lot of yards on them and kicked up the intensity. We are kind of backing off a little and focusing on things that went wrong last meet."

The House of Champions meet is different from

individual meets against other schools. It is broken down into two parts: preliminaries in the morning which everyone has a chance to swim, and then the top 24 swimmers in each event compete later in the finals.

During their practices, the swimmers have been rotating all-out sprint sets, more-challenging sets, and then swimming at a faster and more consistent pace. By doing this, it prepares them as if they were competing in a live meet. Senior Steve Fishman agrees that leading up to this meet, while having a two weekend layoff, he has been treating practices as if he was in an actual meet. Fishman, regarding his own practice routine, has focused on a stroke set oriented on speed and technique.

"It's a lot more intense with focus on speed, endurance, and technique," Fishman said. "Harder prac-

tics are with less rest and more 'putting our head down and doing the best we can'."

For Fishman, he isn't treating House of Champions like any regular meet. Fishman said it does give him a stronger incentive to work hard during practice, as well as the whole team. "We are going into the meet to post good time and hopefully season best," Fishman said. "We want to get good times so we get into the faster heats at conference so we can swim against other swimmers on our level and have better competition to push us to swim faster."

For the women's swim team, junior Lauren Oostman is prepared for House of Champions. Even before college, Oostman would swim multiple day meets and swim multiple times a day.

"Having double practices I think helps me get

into the groove of being able to compete twice a day," Oostman said. "I've been doing a lot more IM and sprint freestyle practices to train for my 200 IM and then my freestyle relay."

Oostman has also been practicing on her backstroke to prepare her for her IM relay.

Once November is in full swing, Michalski said she believes it's the hardest month for swimmers because House of Champions is a different kind of meet and on top of that, Thanksgiving break is around the corner and finals start to sink in.

It is the meet Eastern uses to help it prepare for the Summit League Championships at the end of the season.

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Volleyball opens OVC Tournament

By Tom O'Connor
Volleyball Reporter | @DEN_Sports

The Eastern volleyball team will launch a playoff run Thursday, as the No. 7 Panthers (14-14) play No. 2 Southern Illinois - Edwardsville (13-3) in the first round of the OVC Tournament.

Both matches against the Cougars during the regular season culminated in defeat, a trend the Panthers intend to change Thursday, as the team aspires to set the record straight.

Before Eastern volleyball could clinch a postseason berth, Morehead State attempted a last effort push for playoff contention. But the Panthers locked the door to the postseason behind them and hid the keys, winning two of the last three games.

A sense of excitement has engulfed the entire roster ahead of the match, a feeling the team has not felt since 2015, the last time the Panthers contended for a title.

"They are very excited. Last year, obviously, we did not make the tournament, so to be back in the tournament, we are all very excited and I think we are anxious," Coach Sam Wolinski said.

The Eastern volleyball team's impeccable defensive skills, which emboldened the Panthers in matches against offensive-centric opponents, could prove consequential against the Cougars who, for the past 28 games, recorded very few service errors (1.26) per set.

The Cougars sized up well against conference teams, putting up 13.28 kills per set—the second highest average in the OVC.

Middle blocker Taylor Joens propelled the squad's efficiency offensively, allocating a .319 hitting percentage, a crucial asset at a time when every team must perform at its apex or risk elimination.

The Panthers have transcended



BRYAN BUNDI/THE DAILY EASTERN NEWS
Freshman Laurel Bailey gets the kill against Alabama A&M Sept. 7 in Lantz Arena. Bailey was second on the team in kills with 24 in the regular season. Eastern starts the OVC Tournament Thursday against Southern Illinois - Edwardsville.

opponents in blocks, a prized commodity in the volleyball realm, for much of this past regular season.

"So I think early on in that first set against Southern Illinois Edwardsville, we need to establish our block, will be really important," Wolinski said. "If we can do that, then it allows our back row to be reading and be in the positions they need to be able to de-

fend the balls."

While the Panthers narrowly lost to Southeast Missouri in the final game to close out the season, the Panthers won decisively (3-1) in the penultimate game against Tennessee-Martin, a team Eastern volleyball could potentially face in tournament play.

Although Southeast Illinois Edwardsville holds the better record,

the Panthers, by comparison, posted superior numbers in assists, blocks, kills and service aces for the season.

Considering the stakes for the game, the Panthers blue print to victory remains much the same.

"I do not think anything changes in terms of our approach. It is just the third time we are going to face SIUE, so we are hoping as

they say that the third times the charm, which it will be, Wolinski said.

"But just fine tuning a couple of things we need to make consistent to put us in the position to beat SIUE," Wolinski.

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Final six minutes in each half hurts Panthers

By Sean Hastings
Sports Editor | @DEN_Sports

Turnover, turnover, two made free throws, missed jumper, turnover, missed three-pointer, turnover, missed jumper, missed layup, turnover and a missed three-pointer.

That is how the final 5:46 of the first half went for the Eastern men's basketball team, with an eight-point lead turn into a two-point deficit. The second half was nearly the identical.

That time it had a seven-point lead turn into a two-point loss and 56-54 win for Western Illinois.

Western may have won the game, but in reality, it was just the better of two poor shooting teams Wednesday night. The Eastern men's basketball team dropped its second straight game 56-54.

The Panthers needed for jump shots late in each half and could not get them to fall and Western happened to have one more drop.

When Eastern started to settle, Western started to mount its comeback. Eastern shot 19-55 and Western shot 20-54 from the field.

Coach Jay Spoonhour said it was not so much about execution, but rather becoming passive.

"We just weren't aggressive enough," Spoonhour said. "Western made some really good plays at the bucket and we took it at them and

the blocked it. I think there was probably some times on drives we missed open guys. I'll have to look at it, but we probably needed to execute better down the stretch."

Eastern's eight-point lead was the largest either team had in the game. Western's largest lead was five points and that was just over two minutes into the game.

Eastern's defense held its own against Western, but two last six-minute runs led by Dalan Ancrum, who hit three three-pointers and added a pair of free throws in the final six minutes of the second half to complete the turnaround.

He scored the final 11 points for Western.

"He's just a hard guy to defend, because he's (6-feet-6 inches) and he shoots it way above his head and then he does make those threes and he can make big ones," Spoonhour said.

When Ancrum went to the free throw line, Eastern had a good defensive possession until then, Spoonhour said.

Eastern had seven steals defensively, but could not finish in transition on all of them. And it is not like Western had a blurring hot offensive not.

"You hold a team to 56, probably feel like you 'ought to win it," Spoonhour said.

Part of Eastern's problem last sea-



BRYAN BUNDI/THE DAILY EASTERN NEWS

Senior Muusa Daina goes up for a layup in the Panthers' win over Illinois Nov. 3 in Lantz Arena. Eastern lost to Western 56-54 Wednesday night in Macomb. With the win, the Leathernecks take back the Old Rail Splitter Trophy the two teams compete for.

son was trying to do too much on occasion and that was present Wednesday night.

"It's every guy doing a little bit too much. That's where those come from,

just trying to make plays that aren't there and that will get figured out," Spoonhour said about the Panthers' 19 turnovers.

The Panthers have their home

opener Friday night against Indiana-Purdue University Indianapolis.

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